Volume 82, No. 5 **February 3, 2006 Your Navy Starts Here**

RTC welcomes NASCAR's 'Junior'

By TODD H. WILLEBRAND NSTC Public Affairs Specialist

Dale Earnhardt Jr. talked of teamwork, high tech, high-speed operations and how instilling pride and professionalism in a team is so important.

One would think "Junior," as he is affectionately known on the NASCAR circuit, was talking of his race team and pit crew, but not on this wintry day in January at Recruit Training Command (RTC) located at Naval Station Great Lakes.

Earnhardt was speaking of the recruits and staff at the Navy's only boot camp. Owner of JR Motorsports, he was making his first stop celebrating his race team's partnership with the Navy in the NASCAR Busch Series.

Accompanied by the driver of the Navy number 88 car, Mark McFarland, and Rear

Adm. Jeffrey L. Fowler, Commander Navy Recruiting Command, Earnhardt enjoyed a hands-on glimpse of what Navy recruits undergo during their nine-week indoctrination to military life.

"Our partnership with the Navy makes a lot of sense," said Earnhardt. "Taking a race team and instilling the kind of teamwork and work ethic that is imparted on the Sailors is an ideal situation for a race crew."

Fowler noted the great opportunities for the Navy in partnering with JR Motorsports as well. "It affords the Navy wonderful exposure nationwide as sports, and NASCAR in particular, are excellent ways to reach the public and make our potential recruits aware of the U.S. Navy," said

He said that the partnership allows the

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Rear Adm. Gary R. Jones, Commander Naval Service Training Command and Navy Region Midwest, accepts a NASCAR Navy helmet from Dale Earnhardt Jr. during JR Motorsports team visit to Naval Station Great Lakes and Recruit Training Command on January 26 and 27. Rear Adm. Jeffrey L. Fowler (center) accompanied Earnhardt Jr. on the visit. Photo by PHC Chris Desmond, CNRC

CMDCM James G. Parlier returns to the USS Cole

Reflections on a time of disaster

By LAUREL JACOBS

Bulletin Associate Editor

On Oct. 12, 2000, the USS Cole (DDG67) docked at the tip of the Arabian Peninsula, in the ancient port city of Aden, Yemen, for a routine refueling stop. Two al-Qaida terrorists steered their bomb-filled boat alongside the USS Cole and triggered an explosion that ripped a 40- by 40-foot hole in the Cole's port

CMDCM (SW/AW/FMF) James G. Parlier, Naval Station Command Master Chief was the Cole's command master chief at the time of the attack. It wasn't until five years later that Parlier returned to the Cole, a crucial step necessary for him to obtain some long overdue closure.

"I never went back to the ship. I just didn't have the time or the energy. I wasn't scared. I was just hesitant because I didn't know how I was going to react to see her repaired," said Parlier.

The opportunity came when National Geographic requested an interview with him to gather information for their upcoming series on the Naval Criminal Investigative Service (NCIS). "The first of that series is going to be about NCIS's role in the investigation of the attack on the Cole. They wanted my input on what had actually taken place. I'm glad I went, it was a very positive experience and ironically it

provided some closure to a very difficult

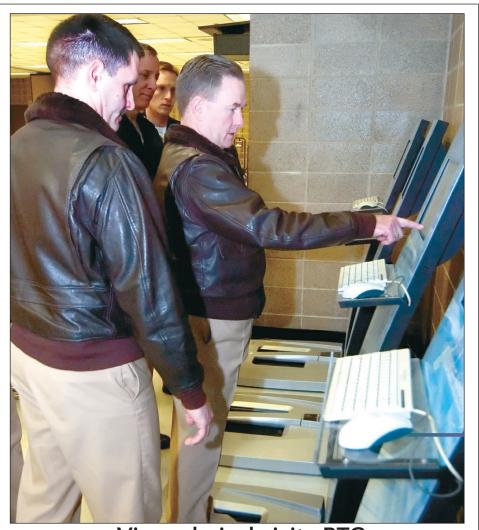
The attack occurred during peacetime, and was totally unexpected especially by the 294 crew members on board. The casualties were high; 17 Sailors had given their lives, and there were numerous injuries. Parlier, a hospital corpsman, jumped right in alongside HC3 Tayinikia Campbell, to assist with the injured. He triaged about 22 sailors, assessing wounds, directing treatment and preparing them to be medivaced from the ship.

"I had almost half my men injured," reported Parlier. "There were bloodied faces and bodies everywhere – some under pots, pans and heavy cooking equipment, others trapped by shredded decks and bulkheads. I put five sailors in

"That's the first time in my Navy career that I had to let someone die," Parlier continued. "I made the call, I said last rites and then we put him on the side somewhere he wouldn't die in front of the crew and be demoralizing for them.'

Parlier spoke proudly of the bravery shown by the crew members. "Chief [Eric] Kafka who had been injured from the blast, risked his life to look for and try to save his shipmates. He had gone down below into the fuel contaminated flooded spaces, where live wires were arcing all over, threatening to turn parts of the Cole into a blazing inferno." Parlier also spoke of an ensign who had picked up one of the deceased that he thought was still alive and carried him off

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Vice admiral visits RTC

On a visit to Recruit Training Command Wednesday, Vice Adm. J. Kevin Moran, Commander, Naval Education and Training Command, Deputy Chief of Naval Personnel, has his feet scanned while Capt. Michael Moran, RTC's commanding officer, looks on. The machine Admiral Moran is using "reads" a persons feet to determine which type of shoe would be most suitable, and is part of an effort to reduce injuries and attrition. Photo by FC2(SW) Jason J. Mosher.

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Now hear this!

Watch the Super Bowl on Pier 525's 8-foot video wall

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Find out what's happening at **Great Lakes!**

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

Project White Hat kicks off its 40th year

Training Support Center

Sometimes it's the simple things that serve as the best distractions – like a conversation, a game, or a moment of sharing. As part of Project White Hat (PWH), Sailors from Hospital Corps School and Training Support Center (TSC), Great Lakes help terminally ill children at Children's Memorial Hospital with some of those distractions.

This Saturday, Feb. 4, Sailors are preparing to head off to the hospital for the first time this year. PWH was launched 40 years ago as a community outreach initiative between the Navy and Children's Memorial Hospital in Chicago. As a testament to its effectiveness, this year PWH will be celebrating its 40th

HM1 (FMF/SW/AW) Brian Delaroca, PWH leading petty officer said, "Sailors interact with the kids, play games on the computers with them, and participate in arts and

"The morale that has been established through these experiences provides our patients with hope and they look forward to the bi-weekly visits of these Sailors who make them forget the reasons for being hospitalized," said Marissa Vishnu, child life specialist in the oncology hematology unit.

From 9 a.m. to noon every other Saturday, volunteers, mainly comprised of students at Great Lakes, spend time with patients, who range in age from one to 25. When they arrive they present the patients with the traditional white Navy hat, referred to as a cover, hence the name Project White Hat.

The cover serves as a symbol of hope. Some patients decorate the covers they are ET1 Jeffrey Neese at (847) 688-3646.

given; others keep them as they are.

"The covers are presented to the kids when they [volunteers] arrive to the ward. They introduce themselves to the family and present the cover, which is also a symbol of getting well," said Delaroca.

QMC (SW/AW) Douglas Morrison, PWH leading chief petty officer, said on average a maximum of 25 volunteers participate in the project at any given time.

SN Gabrielle Carrillo, 22, from North Carolina has volunteered seven times since arriving at Hospital Corps School on August 16, 2005.

"The reason why I volunteer is because if I can make a child happy for a moment and help them forget about being in the hospital just by being there. It's an incredible thing," he said.

"I'm sure if I was in a hospital I would look forward to seeing every visitor that would want to see me," he said. "It's like they're sitting there in the same old setting and you walk in there and talk to them like nothing is wrong and it helps them forget."

"I've always enjoyed children – to have a chance helping with kids is tremendous for me," said Carrillo.

"I think this program has enriched the lives of several of our patients and often fulfills the role of spreading incentive to many of our patients in a meaningful way. Children are often given hope when they sense the connection established by individuals who genuinely care about them," said Vishnu.

During 2005, 525 students visited and spent time with 1,008 terminally ill children at Children's Memorial Hospital.

Anyone interested in volunteering can contact Delaroca at (847) 688-2836, ext. 217 or



Open for business Great Lakes Police Officer Philip Bauman and DC2 Rogelio Lopez welcome drivers into the newly renovated Gate 5 off of Second Avenue. Photo by Laurel

Federal employee of year nominations accepted

Deadline is March 1

By JUDY R. LAZARUS **Bulletin Associate Editor**

Employees from any and all government facilities are eligible to be nominated for the 2005 Federal Employee of the Year awards. Completed nomination packets must be delivered to Suzanne Lambert, Great Lakes area coordinator, in the personnel office in Bldg. 1 by March 1. Packets are available from Lambert, and on the

Chicago Federal Executive Board (FEB) Web site at www.chicago.feb.gov. When completed, they will be sent to the Federal Executive Board.

"This is a great opportunity to recognize the accomplishments of the civilian workforce," Lambert said. "The widest dissemination and participation in this program is highly encouraged."

The theme for this year is "Federal Employees-Postmark of Pride." Nominees will be honored, finalists and award winners will be announced, at a luncheon ceremony at the Hyatt Regency Chicago on May 2. Master of ceremonies will be ABC's Harry Porterfield.

Tickets for the event, which will begin with a reception at 11 a.m. followed by lunch at noon, are \$35 per person and may be obtained from command nomination

(This is the gate to NEX Home Gallery)

coordinators. Co-workers and family members are welcome to attend.

Employee categories include: outstanding professional, supervisor, program specialist, law enforcement,technical/program support,

secretarial/clerical, trades and craats, community service, public contact, and outstanding team and law enforcement team.

Nominees must be permanent employees whose duty station is in the Illinois counties of Cook, DeKalb, DuPage, Grundy, Kane, Kendall, Lake, McHenry, or Will, and Lake or Porter in Indiana. Military personnel can be nominated as long as they are performing work that is civilian in nature. Previous winners are not eligible but previous nominees can be nominated again with an updated nomination.

Nominations must be signed by the head of the agency or an official designee.

Guidelines for rating nominees include how assigned duties are performed, and the nominee's personal attributes which affect how the duties are accomplished. In the first category, knowledge, efficiency and accuracy are considered; in the second, cooperation, dedication and intiative are taken into account. In the team categories, impact, accomplishments, and teamwork are

For further information concerning the Federal Employee of the Year awards, contact Lambert at (847) 688-4527.

Follow the rules for cell phone use on base

The Naval Station Department of Public Safety will soon begin issuing military traffic citations to motorists caught using a handheld cell phone while driving on base. Violators will be assessed points which will count against their on-base driving privi-

Cell phone use is prohibited in moving vehicles, unless used with a hands-free

Part 634 of the Motor Vehicle Traffic Supervision instruction says, "Driver distractions: Vehicle operators on a DoD installation and operators of governmentowned vehicles shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device. The wearing of any other portable headphones, earphones, or other listening devices (except for hands-free cellular phones) while operating a motor vehicle is prohibited. Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech.

"DoD component safety guidance should note the potential for driver distractions such as eating, operating radios, CD players, global positioning equipment, etc."

"It should be pointed out that using a cellular phone is a cognitive distraction, unlike many other types of distraction," said CWO2 John T. Scott, deputy director of pubic safety. "Phone users may appear to be watching the road, but they are actually only aware of a portion of what's going on around them...very similar to the 'tunnel vision' experienced when a person is subjected to extreme stress...or is under the influence of alcohol or drugs.

Great Bulletin

Rear Adm. Gary R. JonesCommander Capt. R.J. Postera......Commanding Officer Lt. Cmdr. Melissa SchuermannPublic Affairs Officer

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Everything advertised in this publication shall be available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the pur-

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation

Gate Status Report as of 25 January

Currently is: Status **3** Hospital **1** Main Gate 31 May 06 (Use #3 or 5) **4** Cluverius Ave 31 May 06 (South of Student Store) Open **5** North **6** RTC Main **7** Camp Moffett <u>1 May 06</u> (Use temporary gate at Spaulding & Armed Forces Bank) **9** Mississippi St Open

PARLIER

(Continued from page 1)



CMDCM James G. Parlier returns, after five years, to the USS Cole berthed at Naval Station Norfolk. *Photos courtesy of CMDCM James G. Parlier*

the mess decks on his shoulders. The ship and crew were in a desperate situation.

Members of the Cole's crew remain very generous with their praise for fellow shipmates and their efforts to save the ship as well as to save lives.

"I'm proud of every Sailor there. They've done an outstanding job and are truly heroes," said Parlier. No one knew whether there was going to be a second attack. "It's hard to imagine the anxiety level the crew was feeling. They worked almost autonomously and well beyond their normal levels of responsibility. One way or another the whole crew, whether it was saving the ship or saving people, put their lives on the line to do the right thing."

Many of the crew members, including Parlier, had a hard time dealing with the attack on several different levels. There was the guilt of losing shipmates, and another difficult part was that the Cole attack was treated as a crime scene partly because it was peace time. "In my book," said Parlier, "this was an attack against the United States military. A strategic attack against a major warship. This was an act of war."

Prior to this attack on the Cole, in 1993 al Qaida operatives from Yemen supported an insurgency that downed two U.S. Blackhawk helicopters in Somalia. In 1998, al Qaida operatives were also involved in the deadly bombings of 2 U.S. embassies in East Africa. But nobody saw this attack coming.

Many high ranking government officials had seen some warnings, but were just trying to put all of it together to gain a better understanding of how al Qaida operated. Parlier refers to the attack on the Cole as his 9/11, the true beginning of the war on terrorism.

"Unfortunately we didn't get a chance to defend ourselves, to help us deal with all the death and destruction. We didn't get a chance to shoot back because those two al Qaida terrorists took themselves out," said Parlier.

What would have been typically demoralizing to any crew was seeing some of the

Yemeni's celebrating in clear view of the Cole crew members, lasting a few nights following the attack. When the explosion occurred, the immediate actions of the crew saved this ship and many lives. "I have to tell you that seeing some of the Yemeni's celebrating stuck in my craw. But one of the most important things was that the crew saved this multi billion dollar ship from becoming nothing more than a trophy for al Qaida."

"When I returned to the Cole after all this time I was very proud with what they had done with her. From the stars they put on the deck as a tribute to the 17 that had given their lives, to the modifications they made to the damaged areas of the ship – even my old office was in much better shape. I was happy to see that and that a new crew had taken ownership of her," stated Parlier.

During Parlier's visit, he observed some training that the corpsman on board was conducting with the crew. This particular training was on the treatment of wounds. He noticed, much to his disappointment that some of the crew weren't paying attention, so he requested an opportunity to address the Sailors.

Parlier told them, "you can't get complacent here, you must pay attention to what the Doc has to say." He acknowledged that the constant repetition - hearing the same things day after day gets old, but whether it's damage control or "taking care of your fellow Sailors by doing first aide, the complacency is going to catch up with you if you let it happen.

"That's what saved the lives of the crew of this ship back on 10/12/2000. We didn't get complacent; we kept driving the training until it came out of our ears. When it came down to actually doing – the crew just did it, all that training kicked in – automatically. There was no second guessing themselves, and that was great because the Sailors took responsibility for their own actions by doing all that they were trained to do."

Parlier told the new crew that they need-



This memorial, at Naval Station Norfolk, honors the crew of the USS Cole (DDG 67) and the 17 Sailors who gave their lives when the ship was attacked by terrorists on Oct. 12, 2000.

ed to be concerned about another strike. "Just like the twin towers, you've got to remember that al Qaida tried once and didn't succeed, so they came back to finish what they started. So who's to say that they don't have another plan to wipe out the Cole? Don't get complacent," Parlier warned.

He mentioned that he had a talk with the new master chief, and asked him, "How does the crew take the Cole now; is there a lot of pressure because of the injuries and deaths that had occurred there?

"He told me no, as a matter of fact the crew feels more responsible to make the ship honorable by doing the best they can. It seems that they get many volunteers to serve on the Cole. The ship has got a legacy and the Sailors can feel that they are part of that legacy."

Parlier's office walls are adorned with memorabilia representing the 28 years he has served in the Navy and the 30 countries to which he was deployed.

"I like to have the new Sailor's come into my office and ask questions when they see my career in review. My hope is that these things provide some inspiration for them, and that they see that here's a guy that made it up the ranks to master chief because of following orders, hard work and commitment," said Parlier.

"I can't put a price on the experience and knowledge that I have gained from the Navy. It is an experience that I never could have received as a civilian. I accepted all the challenges presented to me and I am very fortunate to have been able to represent my country and help protect our freedom."

GLakes observes Children's Dental Health Month

A dental health fair will be held at the Navy Exchange at Burkey Mall on Saturday February 18 from 8 a.m. to 3 p.m.

The annual observance of children's dental health began as a one-day event in Cleveland, Ohio on Feb. 3, 1941. During that year, February 3-7 was designated as Children's Dental Health Week in Akron, Ohio.

The American Dental Association held the first national observance of Children's Dental Health Day on February 8, 1949. This single day observance became a weeklong event in 1955. In 1981, the program was extended to a month-long celebration known today as National Children's Dental Health Month.

Since 1941, the observance has grown from a two-city event into a nationwide program. NCDHM messages reach millions of people in communities across the country and at numerous armed service bases

abroad. Local observances often include posters, coloring, and essay contests, health fairs, free dental screenings, museum exhibits, classroom presentations and dental office tours.

Naval Hospital Great Lakes participates in this program by providing local area schools classroom presentations and informational materials. Military and civilian dentists and hygienists along with hospital corpsman provide dental health information

for over 1,800 children in grades K-5.

In addition to the local elementary schools these dentists and hygienists also provide dental health presentations to an additional 300 pre-school children attending local child development and day care centers.

Relevant educational materials will be provided on dental health as well as TRICARE's United Concordia Dental Program.

Get civilian certification for your Navy job

United Services Military Apprenticeship Program is only a click away

By EVA KOWALSKI **Training Support Center**

By simply fulfilling the requirements of your rating, you may be eligible to receive an apprenticeship certificate recognized in the civilian sector just by registering with the United Services Military Apprenticeship Program (USMAP).

"All you have to do is just your everyday job," said Kenneth Ledbetter, subject matter expert, USMAP Registrar. "You're taking your training from the Navy in your daily job and you're being given the chance to get your apprenticeship completed and earn a journeyman certificate through the Department of Labor," he added.

Ledbetter, who is from the Naval Training Education Professional Development Technology Center (NET-PDTC) in Pensacola, Fla., spent the day at Great Lakes on Jan. 26 conversing with the region's career counselors and Sailors about the benefits and new features of the program. Some of the latest enhancements to the program include online registration and online program follow-up for its members.

NCCM (SW/AW) Lisa Mattson, Naval Service Training Command Career Counselor, arranged the visit.

USMAP has undergone numerous changes since it was developed in 1976; most recently the program was realigned to fit under the certifications and qualification branch of the five-vector model, which was developed in 2004.

The five-vector model – a part of the Navy's Revolution in Training - is accessible through Navy Knowledge Online. It is broken up into five categories (professional development, personal development, military education and leadership, certifications and qualifications, and performance), allowing Sailors to keep track of their careers in the Navy and take credit for their accomplishments.

The USMAP program, which is managed by the Chief of Naval Education and Training Command, enables active duty Sailors to get recognition for their Navy jobs in the civilian world just by logging their hours during on-the-job training (OJT) and meeting the knowledge specifications of the program. According to Ledbetter, it is also the largest apprenticeship program in the military with 13,054 members enrolling in fiscal year 2005.

"The basic requirements are: you've got to be active duty, you've got to be working on a trade, have a high school diploma or GED and you have to work towards completing 'A' schools/"C" schools or any courses relating to your rate that will equate to the required hours of classroom instruction," said Ledbetter.

The Department of Labor requires 144 hours of classroom instruction for every 2,000 hours of OJT. Ledbetter said, the trades average from 2,000 to 10,000 hours and vary in the amount of time they will take to complete from one to four

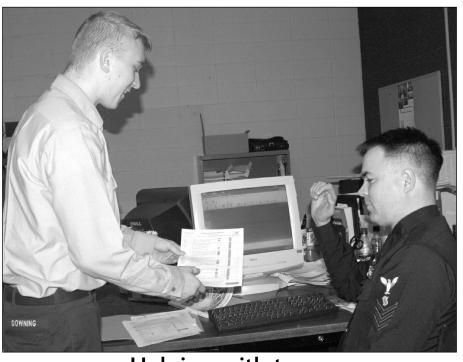
"We have 124 trades that we offer apprenticeship certification, which covers every rate in the military except for three: air traffic controller, cryptologic technician interpretive and musician," said Ledbetter.

"An average Sailor doing an eight-hour job can complete 2,000 hours in a year," he

The majority of trades take up to four years to complete (8,000 hours). Sailors start logging their hours as soon as they register for the program. However, it's important to register for the program as early as possible, since hours must be tracked as they are met. Though higher ranks will receive a waiver for up to 50 percent of the OJT requirements.

USMAP is open to Sailors, Marines and Coast Guard service members.

For more information discuss USMAP with your career counselor or visit https://www.cnet.navy.mil/usmap



Helping with taxes
Volunteers SR Matthew Downing and PN1 Mark DeWildt prepare income tax returns, as part of the Volunteer Income Tax Assistance (VITA) program, run by Julie Boesel of Fleet & Family Services. More information can be found by calling 688-4711 or 688-4697. Or just stop by Bldg. 837, Room 105. Photo

Make risk management part of Super Bowl Sunday plans

By DAN STEBER Naval Safety Center

The Naval Safety Center and National Highway Traffic Safety Administration (NHTSA) have partnered again to reduce mishaps during Super Bowl weekend. Nationally, that weekend has a large number of alcohol-related injuries and deaths.

"The NHTSA program is called, 'Complete the Pass,'" said Bonnie Revell, a traffic-safety specialist with the Naval Safety Center. "It includes strategies to use designated drivers, to offer alternative to alcohol, and to take the keys away from a friend who has been drinking. Their Web site has a nice planner to help people avoid falling into the trap of having a good time during the game, only to leave the party and have a mishap."

NHTSA reports that Super Bowl Sunday is "one of the year's most dangerous days on the nation's roadways, due to impaired driving-related traffic crashes." Their Web site describes the nationwide festivities that bring family, friends and neighbors together for the event. It then describes steps to avoid impaired driving.

"The Super Bowl game is well-known as a period for partying," said Mary Brigham, assistant division head for the traffic, recreation and off-duty branch at the Naval Safety Center.

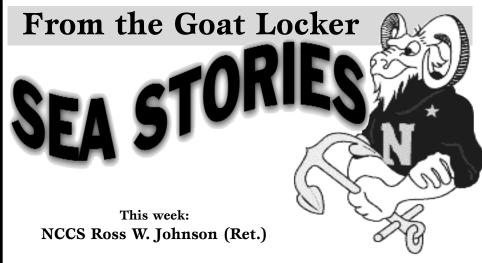
"No one wants to prevent a good time; we just want Sailors and Marines to think about their safety and the safety of innocent drivers on the road. It doesn't take much alcohol to affect driving ability, get a ticket, or worse, be in a mishap. We simply want people to use designated drivers when celebrating during the game."

NHTSA reports two significant facts about Super Bowl weekend worth review-

• According to the National Highway Traffic Safety Administration (NHTSA), 158 people, representing 51 percent of all traffic fatalities during the 2004 Super Bowl weekend, died in mishaps caused by impaired drivers with blood alcohol concentration (BAC) levels of .08 percent and

• NHTSA reports that young males, ages 21 to 34, are most likely to be involved in automobile crashes, to drive while impaired, and to be among those least likely to wear their safety belts. Research also shows that this same demographic is the core audience for major sporting events, such as the Super Bowl.

"This one is a no-brainer," said Rear Adm. George Mayer, Commander, Naval Safety Center. "Use risk management. If you're going to party during the Super Bowl, use a designated driver. If you're hosting a Super Bowl party and serving alcohol, complete the pass and get the keys from the drivers who might be drinking. Or try an alternative—host an alcohol-free party. These are simple steps to keep Sailors and Marines safe, as well as protect innocent drivers on the road who could become



Editor's note: From the earliest of times history was passed from generation to generation by the spoken word. In keeping with this, "Sea Stories" will feature the experiences and wisdom of the Navy's chief petty officers, the keepers of naval tradition. The stories are in their own words with as little editing as possible. The Bulletin hopes the reader finds these accounts entertaining and perhaps informative.

My sea story began on a WEST-PAC, in 1981, aboard the USS PEO-RIA LST-1183. While we were at sea someone came up with some great (for the observer, not so much the participant) 'pranks.'. We refer to them as the sea bat and the mail buoy

The first one was the sea bat charade. We had a bucket covered with a towel, and about 15 to 20 of us were just waiting around for our next victim, so to speak. Finally an Ensign came down to the engine room and asked "What's in the bucket?" One of the chiefs replied "A sea bat."

The ensign proceeded to bend over and lift the towel, when three of the men smacked him with brooms, almost upending him. He jumped up and very indignantly said "Stop it!" The ensign proceeded to bend over and tried to look into the bucket again. Then sure enough wham, wham ,wham he got it again with the brooms. This time he was mad and said "I'm a commissioned officer, stop hitting me!"

Then much to the surprise of all of us, he bent over the bucket again, and sure enough - he got it again. We all thought he was going to catch on but instead he just said, "Would you stop hitting me, I am trying to see the sea bat." With that, we all lost it and then suddenly it hit him and you could see by the expression on his face how serious he was. "Boy have

I been had," he said embarrassed. He turned red, then said very sportsman like, "Can I have a broom in case someone as dumb as I am comes along?" We all thought that was great, including the ensign, and he was the hit of the ship after that.

The other charade was known as the mail buoy charade. The Enlisted guys onboard the USS Samuel Gompers (AD-37), informed the newly reported engineman to be ready for the 'Mail Buoy Watch'. we helped him get strapped in his kapok life jacket, and squared away the big grey and cumbersome phone talking helmet on over my mickey mouse phone talking set w/ the huge mouth

The poor engineman had his dungaree pants tucked in his pant-legs all proper w/ his black socks pulled up high over the pant-legs & on up his calves. His crusty old bow hook was on the ready, held so tightly in his hands you could see the whites of his knuckles as he gripped it. He proceeded on through the hatchway as he headed for the bow, talking to the bridge, believing he was guiding the ship toward the mail-buoy. We abandoned him after he stepped out onto the fo'c'sle as he listened for more directions from the bridge.

The engineman made his way to the most forward part of the tall focsle and then all of a sudden started yelling, "Slow down, slow down! You're gonna miss it!!" He tried grabbing the yellow and orange antennaed "mail-buoy" but it was too

The ship sailed past what may have looked like a mail buoy to the poor young engineman but was really the weather-sonar-buoy.

All the engineman could say was "They wouldn't slow down enough so I could find the mail. Where was it –was it inside that buoy?? What do I do now?" We knew what to do and everyone had a great time.

If you are a chief petty officer — active duty, reservist or retired — and and would like to contribute to "Sea Stories," call the Bulletin staff at 847-688-4800 and we'll be happy to talk with you. - Ed.

By J02 STEPHENS MURPHY
USS Theodore Roosevelt Public Affairs

USS THEODORE ROOSEVELT, At sea (NNS) — During their current deployment with USS Theodore Roosevelt's (CVN 71) embarked air wing, Carrier Air Wing (CVW) 8, the "Scouts" of Sea Control Squadron (VS) 24 have taken the capabilities of the S-3B Viking to a new level.

Since late October, in addition to performing their normal missions of conducting inflight refueling for CVW-8 and surveillance operations for Theodore Roosevelt Carrier Strike Group (TRCSG) in support of Operation Iraqi Freedom (OIF) and maritime security operations (MSO), the Scouts have also been flying intelligence, surveillance and reconnaissance (ISR) missions in support of British-led coalition ground forces of Multinational Division - Southeast (MND-SE), which are conducting operations in the southern part of Iraq. Helicopters flying from Theodore Roosevelt have been conducting similar missions in MND-SE, as well.

MSO set the conditions for security and stability in the maritime environment as well as complement the counter-terrorism and security efforts of regional nations. MSO deny international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons, or other material.

"Initially HS-3 (Helicopter Squadron 3) was [the first to provide] support in the area, and the British forces were looking for more support from the air wing," said VS-24 Operations Officer, Lt. Cmdr. Michael Mansisidor. "The long range and endurance of the Viking makes the platform perfect for this mission. We can still do our tanking and other missions here, while being able to support MND-SE with four assets."

Mansisidor said that along with the new mission came new challenges for VS-24. For the aircrews, the challenge was to learn the geography of Iraq.

"We had to prepare all the air crews for going over the beach and how to talk to the air controllers on the ground," Mansisidor said. "They would tell us to go and look at certain



An S-3B Viking, assigned to the "Scouts" of Sea Control Squadron Two Four (VS-24), prepares to launch from the flight deck of the Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71). Roosevelt and embarked Carrier Air Wing Eight (CVW-8) are currently underway in the Persian Gulf supporting Operation Steel Curtain, a joint U.S.-Iraqi military offensive aimed at preventing cells of Al Qaeda from entering Iraq through the Syrian border. U.S. Navy photo by PHAN Stephen Early

areas, and initially it wasn't easy to find these places. It was a huge learning curve because we had never done this before."

For VS-24's maintainers, the challenge involves increased monitoring of the Vikings' surveillance equipment to keep it fine-tuned to produce sharper imagery needed by intelligences forces on the ground.

"We are using our equipment in different ways now and the crew had to step up to the plate for this," said Chief Aviation Electronics

Technician (AW/SW) Jason Kelly, VS-24 AT/AE branch chief.

"It's different than identifying ships because you can pretty much tell what they are by their antennas, or the location of their masts," said Aviation Electronics Technician 2nd Class (AW) Alfonso Moroni.

Moroni said keeping the equipment up to speed requires frequent inquiries with the air crews about the performance of the equipment, and also there is more of a need to keep

Aircraft Intermediate Maintenance personnel up to date on maintenance requirements.

VS-24 has successfully conducted nearly 150 sorties in support of MND-SE since late October, and will continue to provide support for the duration of the deployment. The squadron's ability to keep with its normal missions and provide support for MND-SE, allows CVW-8 to maintain maximum sorties in other regions of Iraq with its F-14 Tomcats and F/A-18 Hornets.

Honormen, Award Winners at the Recruit Graduation Review



SR Nadia Delaport, Division 911 Largo, Fla. Military Officers Association Of America Award Leadership Award

Following are the honor recruits for this week's Recruit Review Graduation Ceremony: SR Jacob Starkey, Division 069, Vancouver, British Columbia; SR John Nau, Division 070, Charlotte, N.C.;SR Brandon Hardy, Division 071, Las Vegas, Nev.; SR Sal Fiorello, Division 072, Meadville, Miss.; SR Christopher Catino, Division 073, Stoneham, Mass.; SR Francis Falguera, Division 074, Ridgefield, Conn.; SR Jonathan Negron, Division 075, Houston, Texas; SR Danny Mills, Division 076, Aiken, S. C.; SR James Yancy, Division

911, Missoula, Mont.; The Recruit Chief Petty Officers for this week's Recruit Review graduation are as follows: SR Kenneth Fischman, Division 069,

Syracuse, N.Y.; SR Paco Dammons, Divison 070, Chicago, Ill.; SR Nicholas Manese, Division 071, Indian Harbor Beach, Fla.; SR Andrew Mccarrier, Division 072, New Berlin, Wis.; SR Rene Crebo, Division 073, Sault Stemarie, Mich.; SR Damon Gonzalez, Division 074, Tampa, Fla.; SR Francisco Suero,

Division 075, Bronx, N.Y.; SR Sam Sutheimer, Division 076, Lawrence, Kan. SR Patrick Dyer, Division 911, Omaha, Neb..



SR Rowe Whatley
Division 075
Northport, Ala.
The Military Order Of The
World Wars Award Of Merit



SR Patrick Dyer Division 911 Omaha, Nebraska Navy League Award



SR Kenneth Fischman, Division 069 Commerce, Texas United Services Organization Shipmate Award



SR Robert Jones
Division 075
Canandiagua, N.Y.
Navy Club Of The United States
Military Excellence Award



SR Eric Norden, Division 071
Barre, Mass.
The National Society Of The Sons
Of The American Revolution
Academic Excellence Award

Viewpoint • • • >

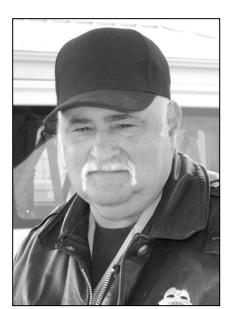
Readers Speak Out

This week the Bulletin asks its readers "Who do you think will win the Superbowl, the Seattle Seahawks or the Pittsburgh Steelers?"

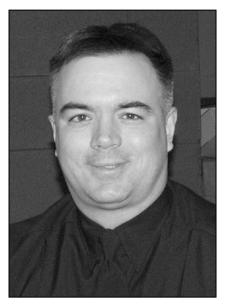


"Pittsburgh,, because it's Jerome Bettis' last year and they're going to get him a ring before he retires."

DN Trayance Hudley

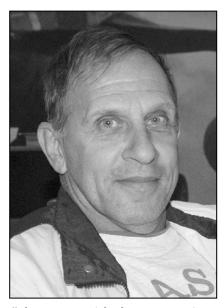


"Seattle, but it really doesn't make a whole lot of difference." Officer Philip Bauman



"Steelers because of their awesome defense."

PN1 Mark DeWildt



"The team with the most points will win. But I'll say Pittsburgh." James L. Kozlowski



"I think it's going to be Pittsburgh because that's what my nephew Vince said."

Renee Lauritsen

WHAT happened WHEN

A look back at historic Great Lakes

40 years ago Holding special E-4 tests A special Navy-wide examination for

A special Navy-wide examination for advancement to third class petty officer will be conducted on Tuesday, May 10. The eligibility date for computing time in rate for this special examination is Aug. 16. Examinations will be automatically forwarded from the Naval Examining Center for all E-3s who took the February exam but were not authorized advancement due to failure or quota limitations.

30 years ago Jack's back

Nationally famous "billiard pro" Jack White returns to Great Lakes on Thursday and Friday evenings, February 12 and 13. The Friday performance, in Drill Hall 1200, is for RTC personnel only. Thursdays show is for all and it's free, so bring the wife and kids along (it's a family type show) and enjoy an evening of magic and humor with a pool cue.

20 years ago

Shopping tips offered
With the high cost of food today, homemakers need to gain and use as many
money-saving techniques as possible to
stretch their food dollar. In response to this
need, the Family Service Center is sponsoring a workshop on Shopping Skills. Ms
Elizabeth Zwicke, well-known speaker on
the topic of refunding and couponing will
lead off the program. Ms. Linda Kuhn,
Home Economist, will follow with a discussion on Wise Food Buying Tips. Should be
a very exciting program.

10 years ago Bracing the cold

The bitter cold which gripped much of the Midwest and plains states last week resulted in stalled cars, shut down schools and broken water mains in the nearby areas. However, training at Great Lakes didn't slow down. Recruits marched carrying towels, which will be used as extra protection against the bitter wind and cold.

Great Lakes Snapshot

Hometown: Racine, Wis.

Job title: Director of Professional Services

Time in position: I've been with Goodwill since 1994, and at Great Lakes since January 2000.

What do you enjoy most working at Great Lakes? The best part of my job is the people. I enjoy working with the military and civilian staff and my Goodwill co-workers. Great Lakes is a wonderful place to work and I've learned a lot in my time here.

Childhood ambition: I wanted to be an artist.

First job: I was a sales clerk in the ladies department at K-Mart when I was in high school.

What you enjoy doing in your spare time? I enjoy spending time with my daughters, and my friends; reading; working in the garden; serving on my church's parish council; doing arts and crafts projects; helping out occasionally at an art gallery and frame shop in Racine; trying out new restaurants; and just enjoying the moment wherever I am.

Dream car: Porshe Carrera GT (paid for, of course!)

Favorite music artist: I like a variety of musical artists including: Nickelback,



Laura Busch

Green Day, James Blunt, Five for Fighting just to name a few.

Favorite book: Usually the book I'm reading at the time in book club.

If you could meet any person - alive of dead - who would it be? I'd like to meet the other Laura Bush.

Your perfect day: The first day of vacation when I'm heading off for an adventure.

Your heroes: Our Sailors and the men and women serving our country in the military.

Navy log offered free to sea service members, veterans

The United States Navy Memorial, located on Pennsylvania Ave., in Washington, D.C., is a national memorial that honors those who served, and are serving, in America's Sea Services; Navy, Marine Corps, Coast Guard and Merchant Marine.

The focus of the U.S. Navy Memorial is not a particular type of ship, battle or conflict, but rather the individual whose service and sacrifice is honored and celebrated. The heart of the U.S. Navy Memorial is the Navy Log. This is the permanent public registry where sea service members and veter-

ans can record their service information – name, duty stations, awards, photos and memories.

The Navy Log may be viewed at the U.S. Navy Memorial, or on the Internet at www.lonesailor.org.

Now through the end of July 2006, all members and veterans of the sea services, active duty and reservists, are able to enroll in the Navy Log without charge and without any obligation. Family members and friends can record service information for veterans who are deceased or those who are unable to record their own information.

Information, Tickets & Travel Building 400, 688-3537

Information, Tickets and Travel (ITT) Bldg. 400, 688-3537

Hours of Operation: Mon.-Fri.: 10:30 a.m.-5:30 p.m.; Sat.: 10 a.m.-Noon; Sun. & Holidays: Closed

Tickets available through the ITT Office include Metra, the Hancock Building, Medieval Times, Spirit of Walt Disney World, Universal Studios and much more!

MWR Offers FREE Chicago Wolves Hockey Game Tickets!

For the fourth straight year, the Chicago Wolves and the MWR Department are offering 100 FREE tickets to each and every home game at the Allstate Arena in Rosemont, IL. All eligible MWR customers may stop by the ITT Office to sign-up (at least two days prior to the game of choice) to receive a voucher (good for up to four tickets) for any home game per month (additional tickets are permitted if availability exists). Customers must present the voucher at the Arena's VIP ticket window on the day of the game to receive their FREE tickets. Sign-up at least two days prior to the game of choice...

LEISURE TRAVEL OFFERS including Discount Cruises...

For duty station personnel, Fox World / American Express* will be available to provide travel assistance throughout the year for everything from emergency trips home to off-duty vacations and dependant travel. Military discounts are available on a number of tours, cruises and packaged vacations. Local contact is 847-234-5877 or 877-805-9157 outside Illinois; they can also be found on the web at www.gofox.com.

Of special interest will be Fox World's cruise offerings which will include military rates on Carnival as well as other lines. They are in the process of establishing a schedule to have an agent on duty at the ITT Office to book this travel, and answer all

Entertainment Books

Ask about ITT's Chicago North Entertainment books! Only \$30 per book saves you bundles at area restaurants and gets you deals on movies, shopping, theaters and much more!

Stop by the ITT Office for information on Amtrak Services!

Ace Rent-a-car O'Hare Valet Parking...

\$12/day valet (right off Manheim Road). Buy three days and get the fourth day free! They shuttle you to your terminal and pick-you up! Call the ITT Office for full details.

Commemorative Bricks

Etch your name in Great Lakes' his-

tory by purchasing a Commemorative Brick, available through the ITT Office. Bricks will be placed around the walkway to graduation at the Recruit Training Command. For more details, and/or to fill out an order form, stop by the ITT Office today!

Holiday Inn Hotel & **Suites Chicago Downtown**

Now serving Great Lakes with discounted rates from \$79/Night (King or 2 Double beds). Located on Harrison St. at Canal St., 4 blocks south of the METRA Kenosha North Line stop and 2 blocks from Amtrak/Union Station, Greyhound Terminal, and Scarlett's. Hotel features an outdoor rooftop pool & deck and Aurelio's Pizza & Lounge. Sears Tower, Greek Town, Grant Park, the Museum Campus, and the Lakefront are all minutes away. Clinton "L" stop of the CTA Blue Line is located at the base of the hotel. Offer subject to availability. Stop by the ITT Office for additional information or visit www.hidowntown.com. For advance reservations call 312-957-9100 and ask for the NAVY rate.

Need a weekend getaway?

\$44.99 per night (double occupancy) at Extended Stay Hotels is offering special military rates for Extended Stay America - Vernon Hills, Homestead Studio Suites -Vernon Hills and Crossland - Waukegan for Friday, Saturday, or Sunday nights. Whether you choose Extended Stay America, Homestead Studio Suites, or Crossland you can make yourself at home in our studio suites with fully equipped kitchens. In addition, all local phone calls are free and each hotel is pet friendly. Onsite guest laundry facilities are available 24 hours, daily.

Relax and enjoy the weekend at our hotels centrally located in Lake County off I-94 and minutes away from nearby shopping as Hawthorn Mall or Gurnee Mills, restaurants, golf courses, and movie theatres. Special military rates are also available for longer term stays over seven nights. Stop by the ITT Office for additional information or visit www.ExtendedStayHotels.com. For advance reservations call: ESA (847-821-7101), Vernon Hills Homestead Studio Suites Vernon Hills (847-955-1111) Crossland Waukegan (847-688-0402).

Laugh a lot at **ComedySportz in Chicago**

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz, improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only \$15.

Spirit of Chicago Harbor Cruises!

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago!

Rinkside Sports Fun Passes!

ITT offers Rinkside Sports Fun Passes for only \$12, located in Gurnee Mills Mall. The Fun Pass includes a \$5 Fun Card to be used for video games, one admission to the Ice Skating Arena, one skate rental, one laser tag game, one free slice of cheese pizza and a small soda (a \$25 value). Use the Fun Passes to host your child's next birthday party!

Metra Tickets

ITT has METRA commuter train tickets on sale! The cost is \$4.50 for a round trip ticket, or \$2.25 for a oneway ticket from North Chicago to downtown Chicago, a savings of over 50% off the regular ticket price. Avoid the stress of driving and high parking fees. Let METRA take you on a onehour leisurely train ride downtown to experience some of the best restaurants, theatres, museums and entertainment Chicago has to offer! These METRA tickets are available to Active Duty Military, only.

Ask about ITT's Chicago CityPass!

Visit six attractions at one low price with no ticket lines: The Art Institute of Chicago, The Field Museum, The Museum of Science and Industry, The Adler Planetarium and Astronomy Museum, The Shedd Aquarium and Oceanarium VIP and The Hancock Observatory! \$47-Adult and \$38-Child ages 3-11.

Tickets on sale at ITT...

Medieval Times Dinner and Tournament! Adult-\$47, Child-\$35. Experience a night of jousting, sword fighting and feasting at this extraordinary dinner tournament! Buy ITT tickets and go to the head of the line...

The Hancock Observatory takes you to the top-and one step beyond!

The Hancock Observatory, in the heart of Chicago's Magnificent Mile, gives you a one-stop tour of Chicago... Step out into the wild blue on "Skywalk," Chicago's only open-air viewing deck! Best of all, experience Chicago's finest views, spanning 80 miles, 4 states and 360 degrees! ITT Hancock Observatory Admission Fees: \$8.00-Adult; \$5.50-Child. The Hancock Observatory is located at 875 N. Michigan Avenue, Chicago, IL 60611

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6 Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to

a "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

Fri., Feb. 3 6 p.m.



PG 13~For brief language, some sexual humor and occasional humorous drug references. (110 Min.)

Fri., Feb. 3 8:30 p.m.

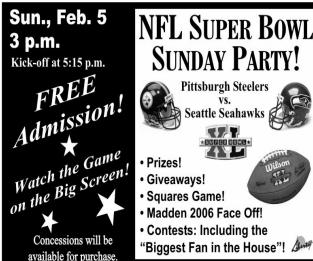


PG 13~For mature subject matter and some sexual content. (120 Min.)





PG 13~For some intense sequences of violence. (117 Min.)



NFL SUPER BOWL SUNDAY PARTY!

Pittsburgh Steelers Seattle Seahawks

Prizes!

Giveaways!

Squares Game! Madden 2006 Face Off!

Contests: Including the

The movie schedule is subject to change without notice. For up-to-date information,

call the MWR Scoop Line at 688-2110, ext. 697, 24 hours-a-day or check the web site at

www.mwrgl.com



Places to dine - Places to go

The Port O' Call Banquet and Conference Center

Pub 140 Staff Lounge 688-6946. Bldg. 140

(located in the Port O' Call Banquet and Conference Center) New Menu..

Experience the Pub's new menu including zesty jalapeno poppers, creamy mozzarella sticks, and classic turkey and Italian sandwiches!

Come and enjoy the beautiful Lake Michigan view, and pleasant atmosphere! -Pub 140 offers a limited menu until 7:30 p.m., Wed.-Fri.

-PUB 140's hours of operation are Wed.-Fri., 4-9 p.m.

-PUB 140 is open to all Staff Members! -PUB 140 is located in the Port O' Call in Bldg. 140.

-Pub 140 has a wide screen TV!

-For more information, call 688-6946.





Morale, Welfare & Recreation

Chaplain's Corner

Enjoy the beauty of the storm

BY CHAPLAIN BOB CRALL

The monster winter storm we had on Friday night gave my wife and me (pronoun in the correct case) the driving experience of a lifetime! We had been to our favorite Italian restaurant with a bunch of chaplains, and then attended my wife's faculty party in Lake Bluff.

At about 2215 we headed home to Gurnee, with heavy wet snow falling at a three-inches-per-hour clip, and eight or ten inches of unplowed snow on the roads. Headlights did more harm than good, blinding us with total glare. For a minute I resisted my wife's suggestion to go to parking lights only. But, blinded by my own headlights, I tried it and it worked. Winding our way up St. Mary's Road at 10 mph on parking lights alone, with a few quick flashes of high beams when there were oncoming cars (some of whom were also on parking lights only) to be sure they would see us, we noticed the surreal beauty of the landscape.

It must have looked like that to people who took sleigh rides on snowy nights long

ago. Without headlights the snow cover provided a magnificent panorama of woods, fields and homes. We saw it all the natural way, at a slow speed, because we could not do anything else.

A few reflections follow. First, the Navy does us a lot of good by giving a name to the concept of risk assessment and management ("ORM"). Second, we should slow down more often. There is a lot we miss by living constantly in the fast lane. Third, there is beauty even in storms. Sometimes the beauty is around us in other people who care for us. Sometimes we find a bit of beauty in ourselves in the form of courage or grace as we face life's storms. Sometimes a fierce storm impresses on us what a beautiful gift and privilege life has been

We arrived home safely and I shoveled us into the driveway. The next day was a gorgeous blue with bright, warm sunshine. That's one other thing to remember about storms. Or as the late, great preacher Bryant Kirkland put it, "In changing skies there are

Lt. Cmdr. R. Dhom, Major L. Stout, Lt. P. Delgado, Cdr. L. Evans, and Lt. S. Gatton practice critical care strategies. Photo by HM1 D. Snader Active duty, reserve medical forces join for training

By LT. H.I. AUSMUS Naval Hospital Public Affairs

On Jan. 26 local Navy medical reserve components and the Naval Hospital Great Lakes staff joined forces for an unprecedented training activity. Capt. K. Alexander, senior nurse executive, Operational Health Support Unit Great Lakes collaborated with Lt. Cmdr. L. Baker, training officer Naval Hospital Great Lakes, to unfold vital educational readiness opportunities. The four-day training curriculum that resulted included exercises in advanced burn life support, trauma nursing, and pre-hospital life support.

The medical professionals in attendance included physicians, dental officers, nurses, and hospital corpsmen. The Operational Health Support Unit, formerly known as the Fleet Hospital Great Lakes, and the Readiness Command Midwest, provided Sailors on reserve orders from Illinois,

Indiana, Ohio, Kentucky, Michigan, Minnesota, and Wisconsin.

Alexander noted, "These training activities between the reserve and active duty components at Naval Hospital Great Lakes are crucial and this investment will certainly increase our joint ability to support critical medical needs in combat and humanitarian operational theaters abroad."

World-wide, military personnel are finding themselves working shoulder to shoulder and often without the distinction of reserve or active duty relevance. Each of the branches of the Armed Services have progressively integrated and found similar benefits in resource sharing.

Capt. Michael H. Anderson, commanding officer, Naval Hospital Great Lakes stated, "We value teamwork and seek out every opportunity to strengthen our ability to serve our troops and Sailors in harms way. Our shipmates in the reserves share that same dedication to excellence."

Help children to understand long deployment stress

By KELLEY HARPER For LIFELines

Few things are as incomprehensible to young children as the concept of time. It can be hard enough for an adult to comprehend the thought of a long deployment, but talking to children about the concept can be more complex and sometimes extremely difficult to explain. Experts suggest that explanations of time and deployments can be started from the beginning with children. Try to communicate the news of an upcoming deployment as soon as possible.

With young children, you may need to repeat the news several times, and remember to avoid passing your own sadness or fears to your children. Even infants are intuitive to stress.

An upbeat tone can provide your child the needed security and reassurance that the deployed parent will return home. If you are the deployed parent, discuss what you will be doing in your job, and relay the pride you feel in your duty, rather than focus on the length of time away.

Some questions may have unknown answers, such as the return date or destination. Experts suggest that questions be answered as honestly as possible according to the child's age level. False hope often leads to fear and anger. Although older children can usually understand an anticipated return date, younger children or children with special needs may need more concrete ways to measure time.

Prayer breakfast takes place Feb. 9

Naval Hospital Great Lakes will host the Great Lakes Area National Prayer Breakfast on Feb. 9 at 7 a.m. in its main galley. The breakfast line will open at 6:15

Rear Admiral Gary R. Jones, Commander Naval Service Training Command, Navy Region Midwest will be the keynote speaker. Cost for the breakfast is \$1.95 or use your meal card. Uniform is either khakis or working blues.

For tickets or information, contact local chaplains or NHGL Pastoral Care Services at (847) 688-2384.

Worship today in the faith of your choice

Command Religious Program Schedule

Protestant

Wed., Noon Praise, Word and WorshipNaval Hospital All Faiths Chapel Sun., 10:30 a.m. Protestant WorshipBluejacket Memorial Chapel Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel

Full Gospel Service (Pentecostal)

 Wed., 7 p.m. Bible Study, adult & childrenBluejacket Memorial Chapel Mon., 7 p.m. First Monday of month Bible Study/Fellowship, Men & WomensBluejacket Memorial Chapel

Fri., 7 p.m. First Friday of month Youth Victory Service . . . Bluejacket Memorial Chapel

Church of Jesus Christ of Latter Day Saints

Chapels

Bluejacket Memorial Chapel - Bldg. 3, NTC
 Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
 Naval Hospital All Faiths Chapel, Wing 2 South
 For More Information about any of the services or events listed in this schedule, call 688-5610

Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.

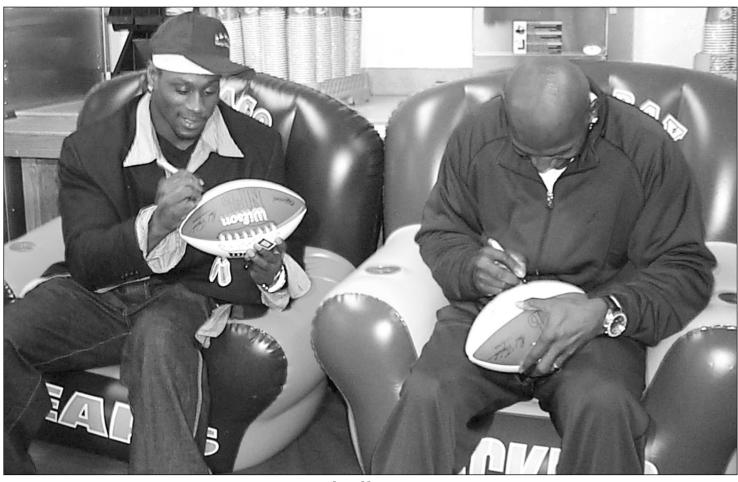
SpritScene

Intramurals now feature snowbird tournament

The Snowbird Softball Tournament takes place on Sat., Feb. 11-snow, rain or shine! Games begin at 9 a.m. on Constitution Field. A team roster is due by Tues. Feb. 7. A mandatory manager's (rules and registration) meeting takes place on Tues., Feb. 7 at 4 p.m. This format for the Tournament is "double elimination."

Intramural Soccer League League play begins the week of February 27. Team rosters and forfeiture letters are due by Tues., Feb. 14. A mandatory manager's meeting takes place on Wed., Feb. 15 at 4 p.m. Games will be played in Courts Plus (Bldg. 4). This League is not for Captain's Cup

Intramural Floor Hockey LeagueLeague play begins the week of February 27. Team rosters and forfeiture letters are due by Tues. Feb. 14. A mandatory manager's meeting takes place on Wed., Feb. 15 at 4:30 p.m. Players will receive mouth guards that must be worn at each game. Games will be played in Courts Plus (Bldg. 4). This League is not for Captain's Cup



Football visitors

Two NFL football players, signed footballs, gave autographs, took part in football-themed activities, and visited with Sailors at Galley 535 on Tuesday. Thomas Jones, Chicago Bears running back and Donald Driver, Green Bay Packers wide receiver, joined the Navy members at the seventh annual Super Bowl tailgate party which was sponsored by Naval Station and Goodwill Industries with assistance from the Morale Welfare and Recreation Dept. Photo by Judy R. Lazarus

Automotive Skills Center (ASC)

Bldg. 2110 in Forrestal Village, 688-2457

This winter bring your car in to ASC for a "tune-up!" The ASC has the space, tools, equipment and technical assistance for people to make their own car repairs. This heated facility contains 14 repair stalls, 11 overhaul stalls, three lubrication racks, two selfservice car wash stalls, a computerized engine systems analyzer, computer wheel balancing, disc and drum brake resurfacing and electric and gas welding. In addition, the center provides free technical information from the Alldata Automotive Information Programs on DVD from 1982 to present.

Auto Skills Center Sells Tires Wholesale!

Absolutely the cheapest tires you can buy anywhere... The Automotive Skills Center is now selling "Name-Brand" tires at wholesale prices – thanks to their new partnership with Waukegan Tire. These wholesale prices are only available through ASC. As always, stall rental and mounting services are offered at a truly low cost through the Center. Don't wait! Now is the time to replace those worn out tires at tremendous savings! Call or Stop by the ASC today!

Door Dings? Hail Damage?

The ASC has partnered up with the Optimum Dent Removal Company providing a paint less dent repair service. Please call the ASC for further details.

Discount prices - convenient service...

Napa parts and products are now available at ASC! The Automotive Skills Center now exclusively carries NAPA parts and products! With Napa's special delivery service, the ASC can facilitate the purchase and direct delivery of almost any auto part while customers continue to work on their cars. Not only is there the convenience of delivery and/or on-site inventory, but also Napa's prices are some of the best in the area! Stop by and use this valuable resource at ASC - auto parts supplier - NAPA of Waukegan. For further details, call 688-

Try ASC's Superior Indoor Car Wash System!

Cannon 5000 featuring high-pressure soap, foaming brush and tire cleaning systems! Only \$4 per half hour.

Rynish Bowling Center (RBC)

Bldg. 180, 688-5612

Free Lunchtime Bowling

11 a.m.-1 p.m. every Tuesday and

Monday Special

RBC's Monday \$1 Bowling! All day! Bowling - \$1 per game!

Tuesday Specials \$1 tacos at Parcheezi's! \$2 per game and \$1 shoe rental from 5 p.m.-close.

Wednesday Specials

Bowl two games - get the third game free from 5 p.m.-close.

Thursday Specials \$2 per game and \$1 shoe rental from

5 p.m.-close.

Friday and Saturday Specials

Planet Bowl - Glow in the dark bowling from 9 p.m. - midnight: adults; \$12 /children (16 & under) \$10.

Family Bowling Special!

Sunday-Thursday -\$22 per lane (up to six people) -Two hours of bowling, one 16" one-topping pizza, and one pitcher of soda (shoes extra).

Hours of Operation: Sunday 3-10 p.m. Monday 5-10 p.m. Tuesday - Thursday 11 a.m.-10 p.m. Friday and Saturday 11 a.m.-

Command fitness leaders tackle culture of wellness

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — The Navy continued on course toward a wellness-oriented culture with the new Physical Readiness Program, as more than 70 Command Fitness Leaders, or CFLs arrived aboard Naval Support Activity Mid-South in Dec. for the CFL course.

According to Deputy Program Manager for the Navy's Physical Readiness Master Chief (SS) Rob Danielson, who led the team of Navy Personnel Command instructors, the training gives CFLs the practical skills necessary to return to their command, afloat or ashore and conduct an effective program.

Proper nutrition, weight management, physical conditioning, and test safety are included in the CFL curriculum. Additionally, CFLs receive training in the Physical Readiness Information Management System (PRIMS), the Navy's official "record" for tracking Navy-wide PFA results.

Part of a CFL's responsibility is to become thoroughly familiar with the Comprehensive Fitness Program, which is designed to prepare a Sailor's body to meet the minimum requirements for active duty in today's Navy. Danielson said it's very important for Sailors to stay with the program as outlined in OPNAVINST 6110.1H.

"If they do, they will have the best opportunity to perform well on the next Physical Fitness Assessment (PFA)," said Danielson.

The PFA consists of the Body Comp Assessment (BCA) and the Physical Readiness Test (PRT). The Comprehensive Fitness Program is divided into three phas-

es covering 24 weeks. The foundation of the program is based on developing sound cardiovascular and strength training techniques. According to Danielson, this is where the CFL comes into play.

'The leadership and training received in this course will help to gradually bring Sailors into peak condition for passing the PFA. The Navy is moving from a fitness era to one of wellness. Sailors need to be both healthy and physically fit in order for the Navy to meet its mission objectives," said Danielson.

"It's very important to start and stay with the program until the designated testing period," Danielson said. "Anyone can find a reason to skip workouts. The key is to make these workouts part of your daily routine. You'll be amazed at the payoff."

CFLs provide the tools and motivation to help their shipmates stay with the program, succeed physically, and maintain good health.

One of the students, Personnel Specialist 1st Class Fransisculou Malone, of Helicopter Combat Support Squadron 85 in San Diego, knows exactly what she plans to do after returning to her command.

'My goal out of this course is to try and help my shipmates who are not in such great shape, get in better shape and live longer by doing so," she said.

As of July 2006 the Navy will require mandatory Administrative Separation, or ADSEP, processing for any Sailor who has failed the PFA three or more times in a fouryear period and failed the Spring 2006 PFA or a subsequent PFA. Navy Personnel Command experts say changes to the instruction were necessary to create a "Culture Of Wellness" - the key to mission readiness and operational effectiveness.

Navy Exchange Customer Comment Line

(847) 578-6289

Book gives overview of McNamara's career

By LT. CMDR. YOUSSEF H. ABOUL-ENEINBulletin Book Reviewer

The Cold War: A New History by John Lewis Gaddis. The Penguin Press, 375 Hudson Street, New York, New York 10014. 2005, 266 pages.

John Lewis Gaddis is an important staple for those interested in 20th and 21st century histories of United States national security. The Yale professor has written several books that have helped in deepening our intellectual understanding of the Cold War (1946-1991).

This latest book published in late 2005, was inspired by an undergraduate student who urged his teacher to come up with a single and simple volume on the Cold War. This year (2006) marks the fifteenth year of the end of the Cold War, and Gaddis writes that names such as Yelstin, Gorbachev, Nixon, Johnson and Reagan appear to undergraduates as distant history and a subject from the distant past.

Readers can now enjoy Gaddis' lectures and insightful views on the Cold War delivered to Yale students from the comfort of their bunk, or barracks. The Cold War: A New History is signed for the novice and can help you better understand American military leaders who have served in that conflict who today represent the senior leadership of the United States military.

The book opens with English novelist George Orwell's final years. He is better known for his fictional satire of totalitarianism and dictatorships set in a farm and entitled "Animal Farm." Here he is withdrawn to a remote corner of a remote Scottish island in 1946 to pen "1984." He imagines a world in which dictatorships have triumphed and individuality is smothered along with love, creativity, and honest history. The world is reduced to "Big Brother" who runs the world and keeps it in perpetual conflict.

Orwell was a reflection of the intellectual fear facing democracies soon after World War II. These fears were rooted in the aggression of Stalin and the fear of communist expansion as well as the atomic bomb and western democracies moving towards a bipolar world. This fear is reminiscent of how the United States attempted to rationalize the kind of world we live in after Sept. 11. There was much confusion, commentary and opinion to categorize the threats America and western democracies



face in the 21st century.

A chapter discusses the gradual hostility that would develop between the United States and Western Europe on the one hand and the Soviet Union, held together by their common goal of destroying Hitler.Gaddis makes a compelling case that Stalin grasped the immediate need to prepare for a confrontation with the west. Stalin's post-World War II goals were security for himself, his regime, his country and his ideology in that order, writes Gaddis. The Soviet dictator felt that his nation expended massive amount of blood fighting Hitler (20 million Russians died in World War II) and therefore was entitled to determine the spoils of war, and a free hand in dominating Europe.

In Stalin's view the atomic bomb was abhorred not because of its destructive power, but it made the United States capable of dictating terms without horrendous loss of life. The U.S. and Britain had to work hard to contain Stalin and not only in Europe; it took the United Nations Security Council to move Soviet troops from northern Iran in 1946.

The book discusses the bipolar nuclear race of the two superpowers, competition in Asia and the Middle East, and dealing with how to wage war short of nuclear weapons. There is discussion on the French reaction to the two power dominance of the United States and the Soviet Union, which was to attempt to regain the former multi-polar world it had lost in World War II through nuclear power, wars to maintain colonies in Indo-China and Algeria and simply withdrawing from NATO for a time under French Premier DeGaulle. This is an excellent quick orientation on the Cold War that is a recommended read.

Editor's Note: Lt. Cmdr. Aboul-Enein is a Middle East Policy Advisor at the Office of the Secretary of Defense for International Security Affairs. His book columns appear in several military newspapers and such journals as Infantry, Military Review and the Marine Corps Gazette.



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Brisbane, Australia (Jan. 24, 2006) - Members of the Australian Armed Forces Drill team perform for guests and crew members aboard the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76) during a reception. Reagan hosted a large group of guests including the Governor of Queensland and Mayor of Brisbane during their port visit. Reagan is currently on its maiden deployment in support of the global war on terror and maritime security operations. U.S. Navy photo by Photographer's Mate 3rd Class Dominique M. Lasco

Motorcycle mishaps far exceed target limit

By DAN STEBER Naval Safety Center Public Affair

NORFOLK, Va.—Navy deaths from motorcycle mishaps are nearly 100 percent over the targeted limit that would keep the Navy on "glideslope" for a 75-percent mishap reduction by the end of FY08. The nine fatalities to date far exceed the five-mishap targeted limit. The Marine Corps also are over the FY06 ceiling, accumulating one more than the targeted limit of four motorcycle mishaps.

"We knew we were off to a bad year when we had four motorcycle fatalities in the first month of the fiscal year," said Capt. Bill Glenn, head of Shore Safety Programs at the Naval Safety Center. "We are coming off a very good year, and it's frustrating to see a sudden surge in mishaps. But we are prepared to do whatever is necessary to stop this troubling increase."

The Naval Safety Center is working on several programs to reduce motorcycle mishaps and the larger problem with private motor vehicles.

"We are working on several new ideas and programs," said Chuck Roberts, Traffic, Recreation and Off-Duty division head at the Naval Safety Center. "We're looking at automated driver/rider profile that collects information on past driving history and builds a risk-profile calculation. We have partnered with the Motorcycle Safety

their media products, including posters. Through our media department, we have done a series of stories in private and military media to get out warnings about wearing helmets, riding gear, and tips on safety issues—many already available on our website. We also have done video pieces with the Naval Media Center and are looking at other video opportunities to spread the word about motorcycle mishaps. The DoD recently taped a PSA with the Teutuls of American Chopper that should be distributed soon. We also are in contact with them to do some Navy/Marine Corps specific spots. We have introduced a plan to require DRLs [daytime running lights] on base. The bottom line is that words will help, but our Sailors and Marines have to make it a personal mission to improve this situation."

The rise in motorcycle mishaps is not an uncommon one. In the past year, a review of various websites and newspapers show that a number of states have reported dramatic increases in motorcycle mishaps, including Montana, Arizona, Kentucky, Louisiana, Texas, Arkansas, Minnesota, Wyoming, Missouri, Maine, and New Hampshire. Several of them had mishap rates 50 percent or higher last year, with Montana reporting a 20-year high. Some of these states had repealed helmet laws and now are experiencing increases in fatalities and in headrelated injuries. The National Highway Traffic Safety Administration reported that motorcycle mishaps and deaths have

Foundation (MSF) and have gained use of their media products, including posters. including posters.

Increased ownership partly is to blame. Minnesota, which has had a noticeable increase in riders, is a good example. In that state, motorcycles account for less than 4 percent of the vehicles registered and 10 percent of fatal mishaps. Lack of training, experience, and safety equipment clearly are culprits. Florida reported 45 percent of their fatalities were riders without helmets. New Hampshire reported that, of 27 deaths, only one had completed a rider-safety course. The point is that motorcycle mishaps are not restricted to the military, and we must learn from the data available in the areas where our personnel are stationed. We owe it to our people and their families.

"Helmets aren't the only answer," said Joe Perfetto, traffic-safety analyst and motorcycle safety instructor. "The evidence is clear as to the benefit of helmets, but you can be in a mishap when stopped at a light, minding your own business, wearing the best helmet available, and wearing the right clothing. Riders have to be aware of their surroundings. Wear clothing that makes you more visible to other drivers, and don't follow too close. Be prepared for the unexpected. Slow down, especially around corners. Realize the differences in night riding. Block out sun glare during the day, and watch for turning cars. All these things can be just as important as a helmet and can help keep you alive."

Perfetto also reminds Sailors and

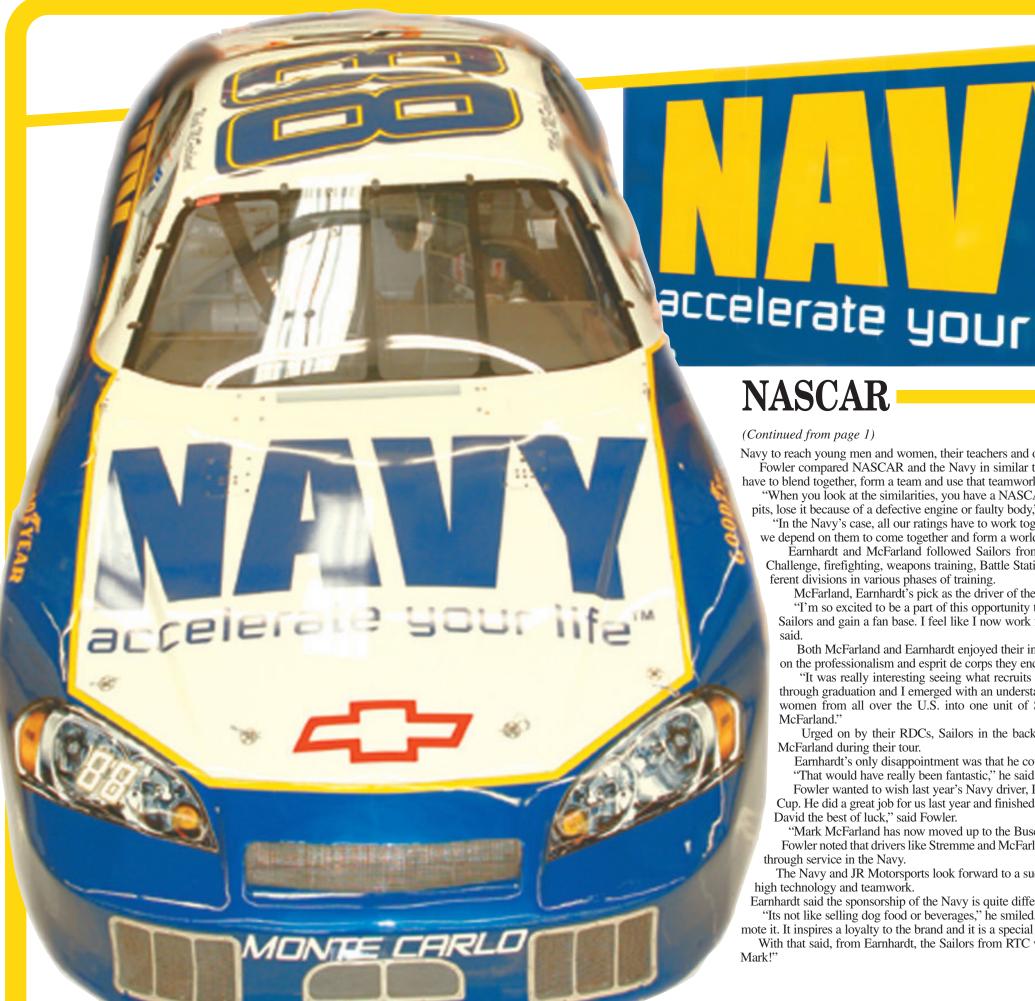
Marines that training is a critical part of staying safe and alive. He added that DoD, service and installation policies, regulations, priorities, and funding, along with enforcement practices, licensing and registration, and public information and education are critical parts of our strategy to reduce mishaps—as critical as the rider education and training. He said, "It's the full package of efforts that will make a difference"

Glenn added, "The Navy and Marine Corps provide a number of rider courses and most people can get one without much difficulty. My brother told me that Maryland has a lottery system for such courses. People must wait for slots and then win a pick. The military recognizes this training is critical before starting to ride, and it's a way to gain knowledge and experience."

With Navy and Marine Corps PMV mishaps, which include motorcycles, off to such a poor start, it's up to Sailors, Marines and civilians to do their part to reduce mishaps. Several useful websites, including the Naval Safety Center at www.safetycenter.navy.mil, offer tips for safe driving and safe riding. For additional riding tips, visit the MSF site at www.msf-usa.org or do a web search for "motorcycle riding tips." A lot of details on staying safe can be found.

The mission to reduce these and all mishaps is hard and complicated, but Sailors and Marines can get the job done. It will take extra work and focus.





NASCAR

(Continued from page 1)

Navy to reach young men and women, their teachers and oth Fowler compared NASCAR and the Navy in similar terr have to blend together, form a team and use that teamwork fe

'When you look at the similarities, you have a NASCAR pits, lose it because of a defective engine or faulty body," s "In the Navy's case, all our ratings have to work togeth we depend on them to come together and form a world-c

Earnhardt and McFarland followed Sailors from o Challenge, firefighting, weapons training, Battle Station ferent divisions in various phases of training.

McFarland, Earnhardt's pick as the driver of the N "I'm so excited to be a part of this opportunity to Sailors and gain a fan base. I feel like I now work for

Both McFarland and Earnhardt enjoyed their inter on the professionalism and esprit de corps they encou

"It was really interesting seeing what recruits go through graduation and I emerged with an understand women from all over the U.S. into one unit of Sai McFarland."

Urged on by their RDCs, Sailors in the background McFarland during their tour.

Earnhardt's only disappointment was that he could "That would have really been fantastic," he said. "I Fowler wanted to wish last year's Navy driver, Da Cup. He did a great job for us last year and finished in David the best of luck," said Fowler.

"Mark McFarland has now moved up to the Busch Fowler noted that drivers like Stremme and McFarlane through service in the Navy.

The Navy and JR Motorsports look forward to a succe high technology and teamwork.

Earnhardt said the sponsorship of the Navy is quite differer "Its not like selling dog food or beverages," he smiled. " mote it. It inspires a loyalty to the brand and it is a special rel

With that said, from Earnhardt, the Sailors from RTC wo



NASCAR's Dale Earnhardt Jr. looks down the sights of an M-16 while undergoing weapons training at Recruit Training Command's Small Arms Marksmanship Trainer during his visit on January 26 and 27. Earnhardt was guest of honor during the recruit graduation.

Photos by PHC Chris Desmond, CNRC



Dale Earnhardt Jr. (left) and Mark McFarland, driver of the Navy number 88 car, visit the deck of USS Marlinespike during a tour of Recruit Training Command. Earnhardt's race team was onboard RTC learning about boot camp and following recruits through various stages of training, from check-in at the Golden Thirteen through graduation.



avy 88 car, has high hopes for the car and year ahead. see how the Navy trains their Sailors. My hope is to gain the respect of all the 350,000 personnel and I want to make every one of them proud," McFarland

raction with recruits and Recruit Division Commanders (RDCs) and remarked

through as they progress through training. We saw recruits from day one on ling of how important that part of the process is, how they turn these men and lors. This experience really opens up your eyes to what its all about, said

ound barked out "Hooyah," from time to time as they hailed Earnhardt and

n't bring his entire race team to RTC, as some had to be left behind. 'd love the entire team to come and experience this special environment." vid Stremme, good luck. "David has moved up to the next level for the Nextel the top ten. That helped double our exposure from the last year. I want to wish

Series and we are hoping for the same level of success." d exemplify the Navy's commitment to grow and develop quality young Sailors

essful 2006 Busch Series season based on a shared commitment to excellence,

nt than other sponsors. With the Navy as a sponsor, you can immerse yourself in the product and proationship."

uld agree and issue a healthy round of "Hooyah, Welcome aboard Junior and



Guest of Honor at the January 27 recruit graduation, Dale Earnhardt Jr. congratulates an honor graduate during the ceremony. Earnhardt Jr. and Special Guest, Navy driver Mark McFarland (right), joined RTC commanding officer, Capt. Michael Moran (far left) and Rear Adm. Jeffrey L. Fowler in honoring top recruits from the graduating class.



Navy number 88 NASCAR driver Mark McFarland congratulates a happy recruit following the "Capping" ceremony at Recruit Training Command. The recruits go through Battle Stations, and are welcomed into the Navy by replacing their "recruit" covers with "Navy" covers during the ceremony.

Navy NASCAR number 88 driver Mark McFarland pumps out pushups while participating in the Navy Special Warfare Challenge at the USS Indianapolis during JR Motorsports' visit to Recruit Training Command, McFarland and other members of the NASCAR team volunteered to take part in many evolutions in getting a first hand glimpse of recruit training.

